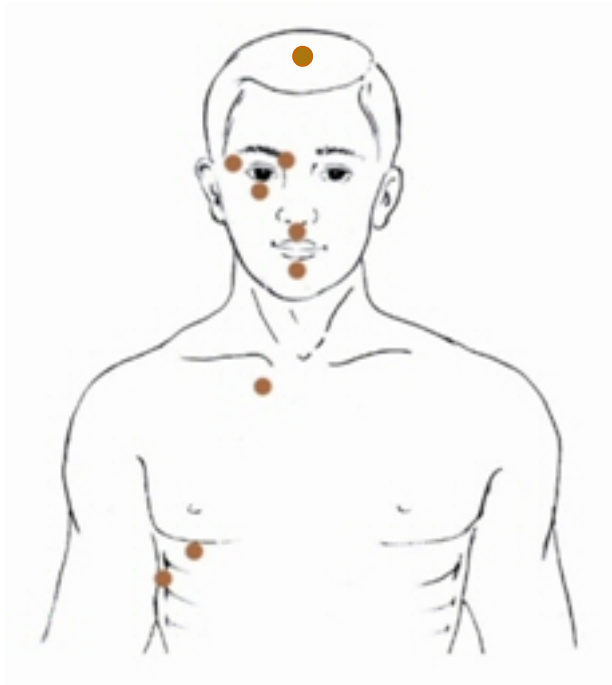


Shekinah Birthing Co.

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EFT TAPPING POINTS



TOH – Top of Head

EB – Eyebrow

SE – Side of Eye

UE – Undereye

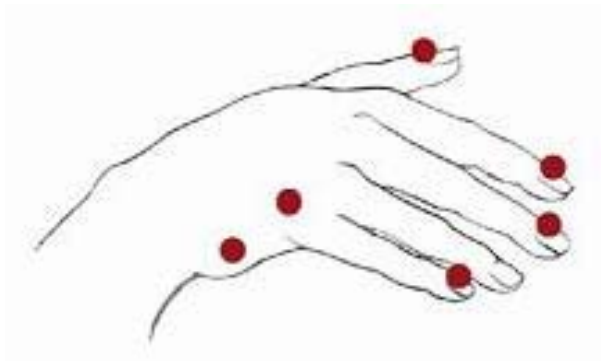
UN – Under Nose

CH – Chin

CB – Collarbone

BN – Beneath the Nipple

UA – Underarm



TH – Thumb

1F – First Finger

MF – Middle Finger

BF – Baby Finger

9G – 9 Gamut Point

KC – Karate Chop Point

Tap about 7 or 8 times on each tapping point. Generally, we suggest using 2 fingers (index and middle) to tap on the points, to maximize coverage of each one. The Karate Chop Point is typically tapped with all four fingers on the opposite hand. To learn more, please visit my website at www.areyoutapping.com and the EFTUniverse website at www.eftuniverse.com.